

WELLNESS PLAN	<p>This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]</p>
STRATEGIES TO SOLICIT INVOLVEMENT	<p>Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District’s wellness policy and plan: parents, students, the District’s food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:</p> <ol style="list-style-type: none">1. <i>Asking for volunteers via the website & Facebook</i>2. <i>Accepting nominations from current SHAC members</i>
IMPLEMENTATION	<p>Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.</p> <p>The <u>Assistant Principal and/or School Nurse</u> is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.</p>
EVALUATION	<p>At least every three years, as required by law, the District will measure and make available to the public the results of an assessment of the implementation of the District’s wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. This will be referred to as the “triennial assessment.”</p>

Annually, the District will notify the public about the content and implementation of the wellness policy and plan and any updates to these materials.

PUBLIC NOTIFICATION	<p>The SHAC will consider evidence-based strategies when setting and evaluating goals and measurable outcomes. The SHAC may use the following tool for this analysis:</p> <ul style="list-style-type: none">• Smarter Lunchrooms' website (https://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms) <p>To comply with the legal requirement to annually inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:</p> <ol style="list-style-type: none">1. A copy of the wellness policy [see FFA(LOCAL)];2. A copy of this wellness plan, with dated revisions;3. Notice of any Board revisions to policy FFA(LOCAL);4. The name, position, and contact information of the District official responsible for the oversight of the wellness policy and implementation of this plan;5. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;6. The SHAC's triennial assessment; and7. Any other relevant information. <p>The District will also publish the above information in appropriate District or campus publications.</p>
RECORDS RETENTION	<p>Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the <u>Assistant Principal and/or School Nurse</u>, the District's designated records management officer.</p>
GUIDELINES AND GOALS	<p>The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).</p>

NUTRITION
GUIDELINES

All District campuses participate in the U.S. Department of Agriculture’s (USDA’s) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods and beverages sold to students during the school day on each campus that promote student health and reduce childhood obesity.

The District’s nutrition guidelines are to ensure all foods and beverages sold or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

FOODS AND
BEVERAGES SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>
(see the Complete *Administrator Reference Manual [ARM]*, Section 20, Competitive Foods)

EXCEPTION—
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

The District will allow the following exempted fundraisers for the school year: (none designated at this time-as days are added this page will be updated)

Campus or Organization	Food / Beverage	Number of Days
National Honor Society-both	Suckers	1 day - Feb 14

FOODS AND BEVERAGES PROVIDED	There are no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. However, each school district must set its own standards. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]
MEASURING COMPLIANCE	The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

NUTRITION PROMOTION	<p>Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.</p> <p>The District will ensure that any food and beverage advertisements marketed to students during the school day meet the Smart Snacks standards.</p> <p>The SHAC will monitor this by:</p> <ol style="list-style-type: none">1. <i>Physically examining the building at least 1 X per year</i>2. <i>Monitoring any new decoration/signage as it is posted.</i> <p>Although the District is not required to immediately remove or replace food and beverage advertisements on items such as menu boards or other food service equipment, or on scoreboards or gymnasiums, the SHAC will periodically monitor these and make recommendations when replacements or new contracts are considered.</p> <p>In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.</p>
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GOAL: The District’s food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Post signage promoting healthy messages in	Baseline or benchmark data points: <ul style="list-style-type: none"> At least 2 age appropriate signs at each location Resources needed: <ul style="list-style-type: none"> Posters Obstacles: <ul style="list-style-type: none"> None

GOAL: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Biannual Health Fair	Baseline or benchmark data points: <ul style="list-style-type: none"> Host Fair with at least 2 booths about Healthy Nutrition Resources needed: <ul style="list-style-type: none"> Facility, tables, advertising, volunteers Obstacles: <ul style="list-style-type: none"> X
Objective 2:	
Action Steps	Methods for Measuring Implementation
Post Healthy Tips along with lunch menu	Baseline or benchmark data points: <ul style="list-style-type: none"> 1 tip every monthly Resources needed: <ul style="list-style-type: none"> Choosemyplate.org Obstacles: <ul style="list-style-type: none"> X

GOAL: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property contain only products that meet the federal guidelines for competitive foods.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Visual inspection of facilities	Baseline or benchmark data points: <ul style="list-style-type: none"> • No ads posted Resources needed: <ul style="list-style-type: none"> • Staff Obstacles: <ul style="list-style-type: none"> • X

NUTRITION
EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

GOAL: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Physical Education teachers will teach health as part of their curriculum	Baseline or benchmark data points: <ul style="list-style-type: none"> • TEKS, lesson plans Resources needed: <ul style="list-style-type: none"> • Health books Obstacles: <ul style="list-style-type: none"> • X

GOAL: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Science teachers incorporate nutrition as appropriate	Baseline or benchmark data points: <ul style="list-style-type: none"> • Lesson plans Resources needed: <ul style="list-style-type: none"> • textbooks Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Grow into Health program through Extension Agency	Baseline or benchmark data points: <ul style="list-style-type: none"> • curriculum Resources needed: <ul style="list-style-type: none"> • Extension Agency staff Obstacles: <ul style="list-style-type: none"> •

GOAL: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
CATCH PS at program implementation	Baseline or benchmark data points: <ul style="list-style-type: none"> • Provide PD, implement program yearly Resources needed: <ul style="list-style-type: none"> • CATCH curriculum Obstacles: <ul style="list-style-type: none"> • X

PHYSICAL ACTIVITY

The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC.]

The following addresses how the District meets the required amount of physical activity:

- 45 minutes daily of Physical Education Instruction/Activity in elementary school grades
- 30 minutes daily of recess in grades PK-3, 10 minutes daily of recess in grades 4-5
- 45 minutes daily of Physical Education instruction/Activity in junior high grades 6-8
- 45 minutes daily of Physical Education instruction/Activity in high school – at least 1 course (or the equivalent) required for graduation

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

GOAL: The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
At the High School level students are able to exchange 1 semester of marching band for 1 semester PE credit	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Track, football field, and baseball fields are available at all times	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed:

	<ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
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GOAL: The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Review learning styles during summer professional development (auditory, visual, kinesthetic) and ways to encourage these in classroom	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • Staff development time and instructor <p>Obstacles:</p> <ul style="list-style-type: none"> •

GOAL: The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Grades 7-12 Athletic Program in the following sports: Cheer, football, basketball, crosscountry, baseball, tennis, golf, and powerlifting	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Alternative active lifestyle options for physical activity are 4H, Band, Ag	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • <p>Resources needed:</p> <ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •

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Objective 3:	
Action Steps	Methods for Measuring Implementation
Work closely with local youth sports organizations to support physical activity programs outside the school day.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Flyers, sign ups, facilities Obstacles: <ul style="list-style-type: none"> •

GOAL: The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
School Nurse makes activities available to all staff	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Weight room is available to all staff	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

Objective 3:	
Action Steps	Methods for Measuring Implementation
Worksite wellness plans and ideas available in staff handbook and/or website	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL: The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

Objective 1:	
Action Steps	Methods for Measuring Implementation
Grow into Health newsletter send home with 5 th graders.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • newsletter Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Fitness information sent monthly with lunch menus	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL: The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside the school day.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Encourage usage of district facilities during appropriate times of the year.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

SCHOOL-BASED
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

GOAL: The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Students have a 30 minute staggered lunch period to ensure all have ample time to eat.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Custodial staff are on duty before, during, and after lunch to ensure facilities are clean.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed:

	<ul style="list-style-type: none"> • <p>Obstacles:</p> <ul style="list-style-type: none"> •
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GOAL: The District shall promote wellness for students and their families at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
SHAC will have booth or informational table at Spring Open House.	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •
Objective 2:	
Action Steps	Methods for Measuring Implementation
Bi-annual Health Fair	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

GOAL: The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
Objective 1:	
Action Steps	Methods for Measuring Implementation
Encourage participation at Health Fair and/or Open House	Baseline or benchmark data points: <ul style="list-style-type: none"> • Resources needed: <ul style="list-style-type: none"> • Obstacles: <ul style="list-style-type: none"> •

STUDENT WELFARE
WELLNESS AND HEALTH SERVICES

FFA
(REGULATION)